

Top 10 Items to Avoid While on Oxygen & What to do

1. Smoking

- Ask your doctor for tobacco cessation programs.
- Try these websites for new ideas:
 - <http://smokefree.gov/>
 - <http://www.ffsonline.org/>

2. Drying Machine

- Air- dry your clothes if possible but if the dryer is necessary, maintain the oxygen tank ***10 feet*** away from the machine.

3. Space Heater

- DON'T USE IT!*** Use more blankets or turn up your heat.

4. Aerosol Sprays (hairspray)

- Try water- based hair gels.
- Google:** *homemade hair spray* for an alternative option.

5. Oil- Based Lotion (Vaseline, petroleum jelly)

- Substitute your oil products for water- based products such as: *KY jelly or saline nasal spray*

6. Electrical Accidents

- Do not use extension cords.
- Have family and friends check your cords for fraying.
- Use power- surge protectors when multiple cords are in use.

7. Candles

- If you can't live without candles, try electric flameless candles.

8. Kitchen Appliances

- Don't use a gas- oven.
- Maintain your tank ***10 feet*** away from any appliance!

9. Flammable Fluids

- Read ingredient labels for 'flammable chemicals' before use.
- Stay away from common items (*ei*: nail polish & spray paint)

10. Community Environment

- Place signs outside your door stating ***Oxygen In Use***.
- Educate your neighbors about not smoking inside anymore.
- Contact fire department so they know your using oxygen.